

LONGEVITY CIRCUIT

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Spotlight on Astrology

WHAT'S UP?

Lots of questions are being asked these days about the validity of astrology. Perhaps that is because of the release of Uranus energy onto Saturn and Neptune in the recent past.

YOU ARE THE STARS

Uranus rules astrology, Saturn brings form and substance to things, and Neptune here could be said to glamorize, or impress, or spiritualize. In any event there is more interest in Astrology than ever before. For instance, in the December issue of OMNI magazine, there is an interesting article written by an astrophysicist in London who theorizes an interrelation between the planets and sunspots and solar flares, the latter being the magnetic energy field that affects the neurons of human beings thus causing them to be born at a specific time sympathetic to the inherited genetic material from the donated sperm and ovum.

Another area is the statistical and comput-

er generated area in which I have written before (see issue #1, June 89). Michel Gauquelin, a French statistician and psychologist, has repeatedly shown that there are indeed predictable outcomes for certain planets when placed in specific houses. Remember the "eminence effect," that successful people have successful charts, but that successful charts do not necessarily predict successful people. So if you are programmed to succeed you will.

YOU ARE A WINNER

These are exciting topics to review, and it's good for astrology in general that there is genuine research and study about the world's oldest science. But there is more. These kinds of study just do not explain the subtleties and nuance present in Aquarian astrology.

Why did the original astrologers put the Earth as the center of each chart? This type of astrology is geocentric, and rather

than reflecting ignorance, it acknowledges that man is the center of his universe and that we are influenced by the stars, that we influence the stars, and even that we are the stars. Only our limited awareness focuses us on this small material halfreality. Astrology says that everything is a point of view, meaning that with a change of consciousness we can become aware of ourselves on any level we want. Lest you think this is mere philosophy or psychology, please read the wonderful book called Space-Time and Beyond by Bob Toben in conversation with physicists Sarfatti and Wolf. They draw heavily upon the work of Einstein, Wheeler, Parmenides, Berkeley, Whitehead and astronomer James Jeans. {See page two for the article of Aspects as they relate to geocentric astrology.}

If you have the right answer, soon enough the right question will come along.
Hugh Gibbons

INDIVIDUALITY IS A CONDITION THAT ALLOWS US TO EXIST WITHOUT OUR CONSENT.
A.C.L.

LONGEVITY CIRCUIT is published quarterly and is dedicated to perpetuating techniques which contribute to a longevity lifestyle. It is completely dependent on your donations. Please send your contributions to: Virginia Cornell, P.O. Box 9624, Santa Fe., N.M. 87504. For suggestions and other contributions, call (505)983-5911.

THE ASPECTS
What are they?

Lets' look at the aspects of the planets with geocentric astrol-in mind. Each heavenly object makes geometry to each other object including the sun. And these geometries change with the movement of the planets in relation to each other. (See figures 1 and 2) As each planet moves at a different rate, you can see how many different geometries can be found with the 10 moving bodies.

Symbolically, you are the center of the universe, and the planets are within you. Therefore, you will feel the effects of the two planets that are in relationship to each other "out there" as if they were in you, because they are.

Thus you feel tension with planets that are in disharmony, and ease with planets in agreement. Let's look at an example. The ancients said that the Moon rules the feelings part of your consciousness, and Mars rules the action part of your consciousness. So if these two bodies are in harmony, so are you,

and you will feel like being active and doing things. But if their relationship describes a square, then we might say you are in conflict and work too hard, or feel angry and out of harmony.

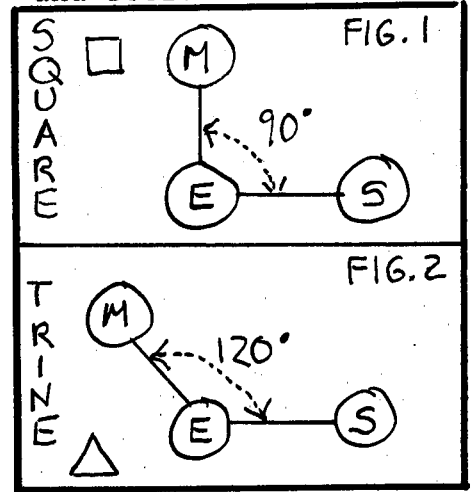
Look at example 1 for a difficult geometry between You (represented by the Earth), Saturn, and the Moon. Here Saturn and the Moon are sending you conflicting energies: Saturn rules form and limitation, while the moon rules feeling. So with a Saturn/Moon square, you don't feel very good, you might be depressed, working too hard, having trouble at home, etc.

But suppose the Moon has moved farther away from Saturn, (see figure 2) and now there is a 120 degree angle of difference, or triangle. Trines, as they are called, describe areas of ease and ready flow. Now you will feel a sense of responsibility rather than obligation, more self-esteem, and the ability to work without fatigue.

Just as a triangle puts no particular point of stress on any

angle, you, too, will feel less stress. By comparison, in figure 1, the square puts pointed stress on the corner, where the Earth/YOU are.

Another important aspect is the opposition. In this case, two planets are 180 degrees apart with the Earth in the middle. How does this feel? Polarized, stretched apart, dichotomous or conflicted are some of the attributes. Other aspects are the quincunx (150 degrees), the sextile (60 degrees), and the conjunct (0 degrees). Figure out yourself how their geometries would look and feel.



HEALTH CORNER

ACUPUNCTURE is the subject of this issue's health corner. The article is contributed by Janet Snowden, O.M.D., L.Ac. recently returned from Mainline China.

Acupuncture originated in China about 5000 years ago; it is but one aspect of Traditional Chinese Medicine which through centuries of practise and research has evolved into a sophisticated science and spread to many other parts of the world.

The essence of Traditional Chinese Acupuncture is based on the wholistic concept of assessing the bodymind-

spirit as a total entity. Any part of the whole that goes out of synch results in disharmony or dis-ease. The goal of the practitioner is to diagnose the "root" cause and restore balance to the system.

A typical treatment involves the insertion of 1 or more filiform needles along certain energy pathways of the body. Each pathway or Meridian (electromagnetically measureable) is related to a major organ in the body, and has points where Qi or Vital Force can be stimulated to reestablish balance. The sensation is different for every one but is most often described as "dull" or "ting-

ling." A treatment lasts from 15 minutes to an hour, but the time depends on the nature of the complaint.

Acupuncture is best known for its efficacy in the treatment of pain though it has a wide range of applications which address acute or chronic, internal or external dis-eases. Its first major exposure to the U.S. occurred during Nixons visit to China in 1973 when a journalist had an emergency appendectomy and was given acupuncture anesthesia. The World Health Organization has endorsed the following list of com-

(Continued on p.3)

ACUPUNCTURE, cont.

plaints as having been successfully treated by acupuncture:

common cold, asthma, arthritis, constipation, sinusitis, headache, migraine.

TGN and TMJ, sciatica, low back pain, "frozen shoulder," "tennis elbow."

Clinical experience has also proven acupuncture to be effective in:

addiction, stress reduction, PMS & other gynecological problems, allergies, traumatic or sports injuries.

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The Editor writes:

Dear Readers,

With this issue we complete our first year of publication of THE LONGEVITY CIRCUIT. Thank you all so much for watching it grow, and sending giggles instead of growls for all the mistakes, typos and delays as the learning process has continued, not the least part of which has been harmonizing with this humanoid-like thing called a computer!

Remember that this is The Year of the Horse and that horses can jump and some can even fly! So like Pegasus there need be no more obstacles though there be plenty of hard work. And our western astrology attests to that with all the Capricorn planets. (See Capricorn - Still an Influence) And like another horse, the Unicorn, make your dreams come true this year by using your Saturn to put form into your ideas.

Since this newsletter is completely donation dependent, don't forget we're starting a new year, and I still need your support. Please send me the names and addresses of anyone who you think would enjoy receiving THE LONGEVITY CIRCUIT and I will gladly put them on the mail list.

As always, keep on keeping on.

Love, *Quger*

** THE MOVIE CRITIC **

The longevity lifestyle is fun, and entertainment plays a part. Consider the movies that contribute to a healthy lifestyle. All of the ones we will be reviewing are available at your local video store. If you have a special movie you would like to critique, please feel free to contribute. This issue explores The Star Wars series thanks to Lizzie Metric of Dallas, Tx.

"The Star Wars series has had a terrific influence on me through the years, partly because I watched the first one beside my spiritual teacher who explained the spiritual reality behind certain scenes, thus further enhancing the movie's impact.

The teacher Obi wan Kanobe trains Luke Skywalker in the art of becoming a Jedi (Jet Eye). He helmets Luke during the laser blaster training, forcing him to act on The Force (intuition). In another scene, when Darth Vader and O be One are duelling, Obi Wan looks Darth in the eyes and says, "If you strike me down, I can be more powerful than you can ever imagine." Of course Darth Vader

(MOVIES, Cont.)

does, only to find an empty robe lying at his feet. I remember sharing with Luke the intense disbelief of his teacher's leaving his body. And Obe Wan does prove to be more powerful than before and Luke is forced to stand on his own two feet.

In the second film, Luke, Hans Solo and Princess Laia return and Luke discovers that Darth Vader, who represents the "Dark Side of the Force" is his father, paving the way for the third film in which good and evil confront each other. Darth Vader is determined to win Luke over to the Dark Side by bringing out his 1% of evil, i.e., anger and hatred. But Luke overcomes and Darth knows his son must die. However, the 1% good reveals itself in Darth who, when the final blow to kill his son comes, saves Luke's life and ends his own, demonstrating that 'No greater love has he who lays down his life for his fellow man.' Star wars definitely brings out the cue reinforcements that have been drilled into me by my teacher."

Thanks, Liz!

CAPRICORN - Still an Influence?

Yes, folks, we still have 3 outer planets in the constellation Capricorn. Its ruler, Saturn, symbolizes hard work, duty, commitment and lessons we need to learn. He remains here until Feb. 1991.

Uranus, the planet of change, revolution, and freedom will stay until 1996. So you with strong cardinal sign emphasis [Aries, Cancer, Libra, Capricorn] can expect continued unexpected change for the next 6 years.

Neptune remains until 1998, continuing to spiritualize, dissolve, and delude.

Capricorn, itself, brings such issues as occupation, preservation, establishment, approval, sobriety, and reality forward. So you can see that these areas are going to exhibit some conflict in your personal vs. your public life.

Within a year, however, we should feel some relief as Saturn moves out and the foundation has been laid. Remember, transits come to pass, not to stay. Actually these energies are empowering, bring your best self to the surface.

*B*R*E*A*T*H*E*